NONAPPROPRIATED FUND HUMAN RESOURCES CENTER

A Quarterly Informational Brief for Nonappropriated Fund Employees

July 2005 – Volume 4

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SANDRA LEDFORD
NAF Human Resources Officer

Nonappropriated Fund
Human Resources Center
ATTN: PECP-SCR-N/NAF

PAY INCREASE

The rates of pay for NF Levels 1 and 2 and the minimum of Level 3 are adjusted in accordance with local prevailing rate surveys. The latest changes, effective the first day of the first pay period beginning on or after July 7, 2005, are as follows: Average increase of 16 cents (2.1 percent) for Level 1 and 19 cents (2.1 percent) for Level 2. The rates of pay for NF Levels 3, 4, 5, and 6 may be adjusted as the General Schedule is adjusted. The adjustment shall not exceed the respective adjustments granted to corresponding appropriated fund GS and SES employees. The latest General Schedule increase was effective the first day of the first pay period beginning on or after January 1, 2005.
The Fort Bragg NAF wage schedules can be accessed at http://www.bragg.army.mil/NAFHRC/wage.schedules.htm.

How are we Doing?

INTERACTIVE CUSTOMER EVALUATION

ICE allows DoD customers to rate products and services provided by offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

Let us know how we are doing. Say it on **ICE:** http:\\ice.disa.mil**.**

FIRSTGOV
Your First Click to the U.S. Government

DisabilityInfo.gov

This user-friendly Web site contains links to information of interest to people with disabilities, their families, employers, service providers and other community members. President George W. Bush's New Freedom Initiative directed federal agencies to create DisabilityInfo.gov. This interagency Web site connects people with disabilities to the information and resources they need to pursue their personal and professional ambitions - delivering on America's promise of equal access to opportunity for all citizens.

We welcome your ideas and comments. Email to jo.epps@us.army.mil.

Happy Birthday America!

CIVILIAN EMERGENCY CONTACT DATABASE

Are you registered?
Is your registration current?

The Army developed an automated emergency contact database system as a result of the lessons learned from the September 11th terrorist attacks. The civilian emergency contact database is a confidential, web-based resource for quick access to your emergency contacts. For more information or to register. Visit the CHRA-E website and click on Emergency Contact Data.

Registration in the Emergency Contact Database (ECD) is mandatory for all U.S. civilian employees deploying in support of contingency operations. Supervisors and mangers should ensure that **all** U.S. Appropriated Fund and Non-Appropriated Fund employees are encouraged to register. Those employees who have already registered should check to be sure their registration is accurate.

Please welcome the following Managers/Supervisors:

WELCOME

Walter Boyd
Home Economist (CDC/CYS)

Sabine Bryant
Business Manager-Outdoor Rec.

Please extend a fond farewell to the following NAF employees:

RETIREMENTS

Paul Jones
Manager-NCO Club

John Gurley
Food Services & Support Manager

Avery Richey
RMB-Accounting Technician

Dwight's Pet Corner

There are many pet owners in our Fort Bragg community. Pet ownership is a major responsibility. Therefore, I would like to share a few helpful hints to ensure your pet's continued health and happiness:

- *Always keep your pet's food and water bowls clean to prevent bacterial infection.*
- *Make certain your pet has plenty of fresh water to drink, especially during the hot summer months.*
- *All family members should use the same commands when training your pet.*

Look for more helpful tips in our next edition.

Visit our website at www.bragg.army.mil/nafhrc

Training

COLLECTIVE BARGAINING AGREEMENT GROUP TRAINING

Talk around the water cooler is you shouldn't be missing out on the CBA Group Training sessions.

Collective Bargaining Agreement Group Training Sessions are held ***every other*** **Wednesday** afternoon from 1400 thru 1600 in the NAF Human Resources Center training room

This training session is open to Supervisors and Managers.

For information or to sign up for training, please contact Sandra Ledford, NAF HR Officer at 6-4304.

I'm going! How about you?

Vacation News

For your info. . .

Civilian Vehicle Registration:

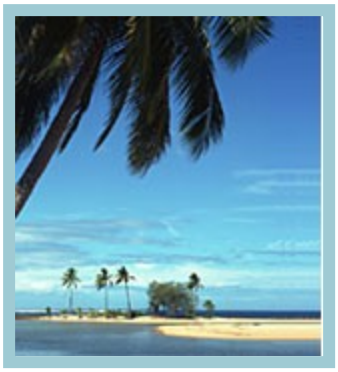
OLD WOMACK HOSPITAL
Normandy
Basement Level
Phone: 432-8149
MON/TUES/THURS/FRI (0800 – 1700)
WED (1300 – 1700)

GAVIN HALL
Off Gruber Road
Phone: 396-0075
MON-FRI (0800 – 1700)

RANDOLPH GATE
Phone: 432-8193
MON-FRI (0800 – 1700)

To register your vehicle, you must have a valid Civilian ID Card, Driver's License and Registration.

Welcome to GovArm.com



A Great Vacation at a Great Price!

GovArm.com provides leisure and vacation travel services for *government* and *military personnel, including retirees*. With services ranging from condominium rentals, cruises, vehicle rental, and hotel reservations, to golf discounts and vacation packages, there is something for everyone. Determine Your Eligibility – Sign Up Now!

The U.S. Postal Service is offering free packing materials to spouses & families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734/Press 1 for English & then 3 for an operator. They will send you free boxes, packing materials, tape and mailing labels. These products are to be used to mail care packages to service members.

WATER CONSERVATION MOVES TO "RESTRICTED" DUE TO PLANT IMPROVEMENTS

Restrictions on water usage will keep demand in line with reduced supply while the Fort Bragg Water Treatment Plant undergoes refurbishment.

Contact: Lynda Pfau, Environmental Community Relations, 910-432-8479

Effective immediately, all users of the Fort Bragg water system, including Pope AFB, will be on "RESTRICTED" water usage status that is expected to continue through May 2006.

"The move from our normal water conservation level to the "RESTRICTED" level is a proactive move," said Gregory Bean, Director, Fort Bragg's Directorate of Public Works (EPW). "Our water treatment plant is undergoing some refurbishment which will reduce our normal daily production capacity. Our typical summer time water demand can range from eight to 13 million gallons per day, but during the upgrade, our production capacity will be limited to between three and seven million gallons per day. This policy will be strictly enforced. Going to enhanced normal status now will enable all users to do their part in conserving our potable water."

Under RESTRICTED conditions, lawn watering, based on the odd- even water system using the last number in the building (odd numbers on odd number days – even numbers on even number days), watering is limited to 20 minutes per location between the house of 0700-1000 or 1800-2100 only. Remember the one-inch rule. Established lawns and shrubs need only one inch of water a week. If there has been an inch of rainfall during the week, you don't need to water at all! Also, don't water the street. Make sure coverage stays on the grass and off the pavement.

Golf course must use non-potable water where available and limit the use of potable water to 20 minutes each day for greens and every other day for fairways. Additional golf course watering must be approved by the Garrison Commander.

Residents may wash POV's once a week with a flow control nozzle on the hose and all unit-sponsored car washes must be approved by the Garrison Commander. All military vehicle washing will be done at the Central Vehicle Wash Facility with use of unit wash racks limited to mission essential needs. Contractors are restricted from using potable water for dust control.

All personnel are encouraged to report leaking faucets, spigots, showers and laundry facilities and all personnel are expected to use smart water conservation measures. Examples of smart water conservation measure that can be practiced at home and work include limiting showers to five minutes and running the dishwasher and washing machines only when you have full loads, turning off the water while brushing your teeth or shaving.

Bean added that more stringent measures will be implemented should a drought or other conditions warrant doing so.

"Improvements to the plant include pump replacement, structural and piping repairs, and updating controls," said Bean. "These changes will allow the plant to operate more efficiently. We're not changing the treatment process, we're updating the controls and replacing system components. These projects represent an investment of more than $4 million in our Water Treatment Plant."

Fort Bragg's drinking water source, the Little River, is a limited natural resource vital to mission accomplishment and quality of life. Initially developed during the severe drought of 2002, water conservation measures were adopted year round to establish routine water conservation practices throughout the installation, including barracks, offices, and family housing. Reducing the amount of water taken from the Little River by 70 percent is one of ten Sustainable Fort Bragg goals. Since mandatory water conservation measures have been put into place, water usage has been reduced by nearly 30 percent.

Soldiers, employees, family members and Pope AFB are expected to take a proactive approach to water conservation on a daily basis.

"Whether we're under normal usage or restricted usage like we are now, users and customers of the Fort Bragg water system are expected to conserve water each and every day through conscientious practices," Bean said.

For more information on the water restriction policy, please contact Jason Lyons at 432-6336. Additional water saving techniques can be found on the Sustainable Fort Bragg website: www.bragg.army.mil/sustainability.

Harvard's Tuition Announcement:

March 1, 2004

Harvard is offering *free tuition* for students that have a family income below $40,000. If you are a mentor or have family members who might be interested, please give them this information.

Harvard's Tuition Announcement highlights failure of prestigious universities to enroll low-income students.

Harvard University announced that from now on undergraduate students from lower income families will pay no tuition. In making the announcement, Harvard's president, Lawrence H. Summers said, "When only 10 percent of the students in elite higher education come from families in the lower half of the income distribution, we are not doing enough. We are not doing enough in bringing elite higher education to the lower half the income distribution."

If you know of a family earning less than $40,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition. The prestigious university recently announced that from now on undergraduate students from low-income families can go to Harvard for free . . . No tuition and no student loans! To find out more about Harvard offering free tuition for families making less than $40,000 a year visit Harvard's financial aid web site at: http://adm-is.fas.harvard.edu. Or call the school's financial aid office at (617) 495-1581.

INTERNSHIPS

VISION:

The U.S. Department of the Army is fully committed to advancing the development of human potential by strengthening the capacity of Historically Black Colleges and Universities, Tribal Colleges and Universities, Hispanic Serving Institutions, and other Minority Institutions.

MISSION:

Develop and administer aggressive outreach strategies that promote mutually beneficial collaborative partnerships and relationship with HBCUs, TCUs, HSIs, OMIs, strengthen their viability and promote their participation in and benefit from Army programs and opportunities, thus, enhancing the Army's future readiness by partnering with these institutions.

MINORITY COLLEGE RELATIONS
DEFENSE • EDUCATION • OPPORTUNITIES

The USASOC MCRP was established at USASOC in June 2002, this program has become recognized as an extraordinarily successful program that benefits both the USASOC and the local community. The success of the program is due, primarily to the overwhelming support received from the command, and has garnered tremendous cooperation from members of academia at Fayetteville State University. The EEO staff have developed a cooperative and collaborative partnership with Fayetteville State University (FSU) and is the liaison between this minority educational institution and Army personnel; the USASOC EEO Director serves on the FSU Cooperative Education Advisory Board where issues regarding how the University can better prepare students academically and professionally to compete in today's global market are addressed.

In cooperation with Fayetteville State University, twenty student internship slots are currently resourced on a continuous basis. The FSU students augment the USASOC staff. The students have been placed throughout the command in the following specialties: Accounting, Education and Doctrine, Information Management, Logistics, Media Development, Legal, Public Affairs and a variety of administrative positions. Within a very short time frame, the students have become valuable assets to the organization, (representing about 1.5 percent of the USASOC workforce). Several of the students have received monetary awards for their outstanding contributions to the organization. This program serves a three-pronged approach: the students are furthering their career aspirations in their field of study; they are gaining valuable insights and training because they are being trained by seasoned personnel, while at the same time earning a first rate salary; and the USASOC is benefiting from a new and unique perspective of some highly intelligent individuals who are destined to become our future leaders. ***POC: Lisa Lofton-Berry (432-9437)***

US ARMY SPECIAL OPERATIONS COMMAND IS SEEKING STUDENTS WHO MEET THE FOLLOWING CRITERIA:

- Full-time Student with a GPA of **3.0** or Higher
- Transcript Reflects Completion of **60** or More Semester Hours
- Available to Complete a **1-Year Internship** Before Graduation
- Enrolled in FSU's Cooperative Education Program
- Majors in Business/Social Science/Applied Science/Education
- US Citizenship
- Interest in Federal Career Opportunities – Intern Salary is at (GS)-4 Level = $11.00/Hour
- A Security Clearance May Be Required

HEALTH CORNER

Walk into Good Health

Have you ever stopped to think how much walking you do every day? We take dozens of little walking trips just to do errands and daily chores. Walking in the moonlight can energize the spirit. It adds pleasure to our quality of life.

Walking can also improve fitness and trim your body. Take a brisk 30 to 40 minute walk at least three days a week. Aerobic walking increases the efficiency of your heart and lungs, lowers blood pressure and resting heart rate, relieves stress, raises metabolism, improves muscle tone, and makes bones hard. If your pace is too slow, however, you will not get the aerobic benefits.

If you are out of shape, overweight, or older, begin your exercise program with walking, not jogging. Your aerobic pace will be much slower than a fitter person's. You need to exercise gently and rest, exercise gently and rest, over and over. Gradually you'll get fitter and your resting heart rate will decrease. Then your body will be ready to begin jogging, not before. If your goal is to lose fat, exercise for long periods of brisk walking. Duration and frequency are key factors.

If you walk at a fast pace over long distances, you need to wear good shoes with adequate cushioning. Overweight walkers should protect their feet, too. Walking ought to be comfortable. If your knees and hip joints are constantly uncomfortable at a brisk walking pace, you may do better with hiking, bicycling, or jogging.

Sudden demands on your muscles, like running up stairs, pedaling a bike, or lifting a heavy weight, may cause the muscles to burn. The burn indicates a build-up of lactic acid in those muscles. Slow walking is the best way to get rid of lactic acid. The more aerobically trained you are, the less you will feel the burn. This means you can exercise longer and harder before getting the burn.

Always warm up for 5 to 10 minutes. Walk slowly and stretch before you start a faster workout. Be sure to cool down for 10 to 15 minutes by strolling and stretching again. The American College of Sports Medicine recommends aerobic exercise done for a minimum of 20 minutes, three times a week at 60% of the maximum heart rate. Doing less than this will minimize your health benefits. Exercising 4 or more times a week will increase your health benefits.

Check with your healthcare provider before you start an exercise program. Chose activities that you enjoy, and that are readily accessible. To learn more, visit your local bookstore or library, or call your local YMCA or YWCA.

ACS is Offering the
Following Orientation and Workshops:

Employment Orientation

2 Aug 0900 Town Hall

Workshops offered in July:

Career “Tune-Up;
Your Employment Toolbox; and
Mapping Your Employment

12, 13 & 14 July (0900-1300)
Family Readiness Group Center –
Normandy – Old Womack

Workshops:

Employment Workshop
Sponsored by ERP & FTCC
18 July (0900-1300)
Soldier Development Center
Computers will be available to create resumes

Career “Tune-UP”
8 Aug (0900-1230)
Family Readiness Group Center
Normandy – Old Womack

Your Employment Toolbox
9 Aug (0900-1230)
Family Readiness Group Center
Normandy – Old Womack

Mapping Your Employment Route
10 Aug (0900-1230)
Family Readiness Group Center
Normandy – Old Womack

EVENTS IN THE FORT BRAGG AREA

MWR Auction
July 21 – 10 A.M.
Supply Warehouse. Electronics, furniture and antiques sold to the highest bidder. Open to the public. 396-2802.

ACS 40th Birthday Sun & Surf Beach Party
July 22 – 5:30 P.M. – 8:00 P.M.
Celebrate 40 Years of service to the Army community with the "ACS Birthday Sun & Surf Beach Party." Live music provided by The Rollers from the Fayetteville Police Department. Enjoy games, food, prizes, the dunk a command booth, as well as local sports team mascots. Enter to win in the Chili Cook-off, Watermelon Eating, Hula Hoop, or the Five Person Tug-of-War contests. Children of all ages will enjoy bouncers, face painting, carnival style games, and the Fort Bragg ACS Timeline display. Come out and celebrate with ACS for an evening of fun, excitement and fabulous prizes. Free. 396-8682.

2005 Miller Lite Army Concert Series
July 23
Special Events, Army Entertainment and Foxy 99.1 is collaborating on a R&B/Hip Hop concert, at the Fort Bragg Fairgrounds. Scheduled artists to appear include 112, MC Lyte, TreSong, Juvenile, Lil Mo, Keisha Coles and Killer Mike. Please note – actual lineup is subject to change. Gates open at 6:30pm, concert at 8pm. Foxy 99.1 will sell $10 tickets at various ticket stops both off and on-post (stops will be announced on the radio; other advance tickets -$15; at the gate - $20. Tickets and Tours is the on-post ticket outlet. Advance tickets sales will be cutoff at 22 July, 6pm. Children under two are admitted free. No refunds or exchanges. Rain or shine. Concert is open to the public. No cameras or recording devices, coolers, or pets allowed. Customers are welcome to bring lawn chairs. Howell Street gate will be open for easy access to the public. For more information, call 396-9126. **(Schedule current as of 7/11/05).**

Home & Garden Extravaganza
August 13 – 9 A.M. – 4 P.M.
Officers' Club. 907-CLUB

PGA Championship
August 13 – 7:30 A.M. – 12 P.M.
Stryker Golf Course. 396-3980

ALLTEL PAVILION SHOWS

John Mellencamp & John Fogerty

Friday (July 22 – 7:00 P.M.)

Earth, Wind & Fire, Chicago

Saturday (July 23 – 7:30 pm)

Kenny Chesney w/Gretchen Wilson, Pat Green

Friday (August 12 – 7:00 pm)

PUZZLE FUN

CAN YOU FIND YOUR FACILITY?

O	G	C	G	R	E	E	N	B	E	R	E	T	B	F	T
M	A	R	K	E	T	I	N	G	E	A	P	U	O	C	E
W	C	O	O	K	O	N	Q	L	S	E	L	E	W	G	G
R	E	T	N	Y	A	G	B	R	L	C	U	D	L	N	R
S	A	C	E	R	I	A	E	A	O	W	L	R	I	I	A
M	U	J	Y	T	T	G	W	C	O	B	U	N	N	G	T
L	T	D	C	S	A	F	N	F	P	I	D	P	G	D	Y
W	O	V	B	R	T	H	C	B	A	M	Z	R	L	O	A
H	S	C	P	O	Y	O	U	T	H	C	Y	Y	V	L	L
S	H	B	L	R	F	I	T	N	E	S	S	D	W	A	C
V	O	A	S	U	S	T	R	O	P	S	I	E	R	Q	R
E	P	M	Y	G	B	Z	U	W	G	D	A	R	M	P	O
T	O	L	S	O	N	H	W	H	X	R	P	J	D	L	D
C	X	V	Q	M	C	K	E	L	L	A	R	S	X	E	R
L	H	O	I	T	E	K	A	L	H	T	I	M	S	Z	I
I	B	S	A	F	E	T	Y	J	H	A	Y	T	X	P	G
N	S	R	U	O	T	T	E	K	C	I	T	L	F	S	U
I	K	C	Z	V	D	N	A	L	E	L	C	Q	M	L	E
C	S	T	N	E	M	N	I	A	T	R	E	T	N	E	Z
N	L	K	R	U	K	O	Z	E	D	N	A	N	R	E	F

ACS	IT	RYDER
ARMP	LODGING	SAFETY
AUTO SHOP	MARKETING	SMITH LAKE
BOWLING	MCKELLARS	SPORTS USA
CLAY TARGET	MWR	STABLE
CLELAND	NCO	STRYKER
COOK	OCLUB	TECH
CPO	POOLS	TICKETSTOURS
ENTERTAINMENT	PRAGER	TOLSON
FERNANDEZ	REC	VET CLINIC
FITNESS	RMD	WWK
GREEN BERET	RODRIGUEZ	YOUTH

Created by Sandra